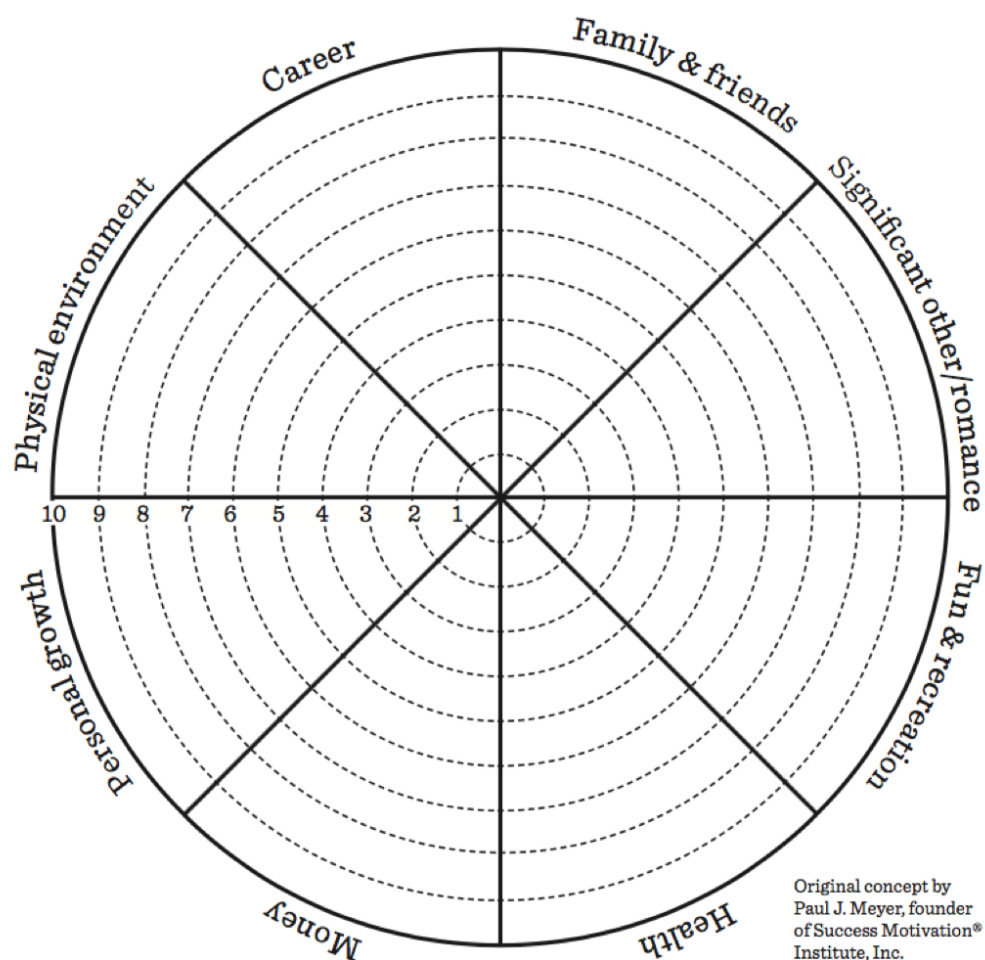


Wheel of Life



Original concept by
Paul J. Meyer, founder
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Institute, Inc.

How to Use the Wheel of Life

The Wheel of Life has eight areas that together, are just one way of representing your overall life. It is a quick and easy tool to get a snapshot of how satisfied or happy you are with each area of your life.

- Sit quietly for a few moment and contemplate each area.
- Then instinctively give each area a mark out of 10 for how satisfied you are with that part of your life. 10 is perfectly satisfied and everything is exactly how you'd like it and 0 is the very opposite end of the scale.
- Mark a small line or dot next to the number you give that area and when you have marked each area draw a line to connect each line or dot.

Remember, this isn't necessarily about making the wheel all 10's, it's about recognising which areas of life are satisfying you and giving you opportunities to assess areas of life that aren't - and crucially what to do about it.

- What are one or two areas that have a score lower than you would like?
- What would you like the score to be instead?
- What one action can you take towards moving the dial closer to your desired score?
- What other areas might need to take a back seat or have less attention to help you do that?
- Are you happy to let those areas take a back seat?

I like to do this exercise every quarter but you can do it as often as you feel you need to.

TYPE A PERSONALITY ALERT

There is no such thing as a 'perfect wheel of life'. This will shift and move all the time and that's OK! It's designed to help you assess life and create a balance that's right for you!